



Petrina Clarke  
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## Stress Management

### **Emotional freedom technique:**

This procedure consists of tapping on the related meridian points which could release negative emotions rapidly and easily. A thought or memory triggers a disruption in the body's energy system which is experienced as physical or psychological pain. You can learn to use this technique very easily and quickly to relieve negative processes.

- Consultation £10.00
- Treatment £50.00

### **Relaxation techniques:**

To apply various methods of relaxation to suit the individual requirements, to reduce your anxiety and stress levels. Learn to apply these simple, effective and beneficial techniques in your daily life whether at work or in a home environment. Some of these procedures will only take a few moments of your time. Find out what your body and mind needs in order to relax.

- Consultation £10.00
- Treatment £50.00



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### **Guided meditations and mindfulness meditations:**

Will help you to unwind and calm the mind. Boost your confidence, self esteem and endorphins which will improve your well being giving you the feel good factor. Here are some more benefits meditation has on your body and mind.

- Improves your health and vitality.
- Accelerates and supports healing
- Relieves stress and tension
- Improves concentration levels, memory and focus
- Slows the aging process
- Can improve blood pressure
- Enhanced synchronization of the left and right hemispheres of the brain (improves creativity)
- More happiness and peace of mind and much more

Consultation £10.00

Treatment 30 minutes £30.00

### **Visualisation techniques:**

Imagination is the ability to create an idea or mental picture in your mind. So you use your imagination to create a clear image of what you wish to manifest. You continue to focus on your idea regularly, giving it positive energy until it becomes object reality. Until you actually achieve what you have been visualising. Positive emotions have an effect on the visualisation process.

Visualisation techniques are useful for goal setting, healing the body and mind and helping to manifest and create the things you want in your life. For example having a new home, new job, or having a beautiful relationship or feeling calm and serene. Improving your memory and seeing yourself dealing with difficult situations effortlessly. Focusing on what you want not on what you don't want.

- Consultation £10.00
- Treatment 30 minutes £30.00



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### **Spiritual healing**

What is healing? By acting as a guide for the universal energy, a healer is used to transmit beneficial energy to the person receiving, and healing can be given with the person present or absent.

By channelling of healing energies through the healer to the client, to balance, re-energise and relax. This healing method enables the clients own natural healing process to be accelerated or help in the most effective way for that individual. As the healer balances the body's own energy systems, the body chemistry is also brought into a state of balance. The improvements this brings may be dramatic or gradual. Healing works holistically and can help all kinds of ailments on a physical, emotional, mental and spiritual level. Healing helps the body's own healing processes to speed up after surgery.

Spiritual healing creates a balance within the body, mind and spirit.

- Consultation £10.00
- Treatment 30min – 1hr £30.00 - £40.00

### **Neutral – Space relaxation bodywork:**

Experience the power of deep relaxation, Neutral – Space relaxation bodywork techniques are simple and straightforward with the emphasis on pure relaxation. This method is very beneficial and powerfully effective. Neutral-space affects the para - sympathetic nervous system of the body which helps to switch off the stress reflex.

Discover a quiet space in deep relaxation allowing you to recover and reconnect to your body and mind. Eases your physical discomforts and strengthens your core energy. Helps to clear and calm your mind to create a space for change allowing you to reach your full potential.

Please wear loose comfortable clothing.

- Consultation £10.00
- Treatment 30minute £25.00
- Treatment 1hour £45.00